

East Hampton Senior Center

105 Main Street-East Hampton, CT 06424

Phone: 860-267-4426 Fax: 860-267-7682

Hours of Operation: Monday-Thursday: 8:30am-4:00pm

Friday :9:00am-4:00pm

Website: www.easthamptonct.org

Email: seniorcenter@easthamptonct.gov



Volume 4 Issue 3

Newsletter Date:

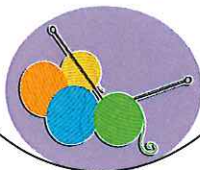
MARCH 2015

TOWN OF EAST HAMPTON

Belltown Senior News

Senior Center CLUB, Monday March 2nd

Monday March 2nd at 1pm. Weather permitting! The Knitting/Crocheting Group is sponsoring the meeting. Please join us, Learn about, upcoming programs. Lite refreshments will be available!



The Commission
On Aging Meeting
March 12 2015 @
3pm

Looking for new
members.

The Commission On Aging is seeking volunteers to serve on the Commission. If interested please complete an application on-line and submit to the Town Manager's office.

All are invited to attend. If you need transportation to this meeting please call the senior center for a ride.

Wednesday, March
25th 1pm. Come celebrate the luck of the Italian!??!

Enjoy the afternoon
with entertainer ,Bob
Lupi. 1:00pm
At the Senior Center
Lite refreshments &
Lots of Fun!

Please sign up to reserve
your seat.

March 30th BIRTHDAY BABIES!

COME CELEBRATE YOUR
VERY SPECIAL DAY ON
MONDAY,

March 30th at 12 NOON.

Let us know it is your birthday and we will send you an invitation, lunch is on us. Music, comedy and cake! Bring a friend, sign them up with Ann in the kitchen



**AARP
TAX ASSISTANCE**
March 12, 26th and
April 2nd. This a very
popular program, Sign up
soon!

ELDERLY AND TOTAL DISABLED TAX RELIEF

January 2015

It is time to apply for the Elderly and Totally Disabled tax relief under the "Homeowner's program. The Elderly portion is only for taxpayers 65 and older.

The Filing period is Feb. 1, 2015 to May 15, 2015 and the forms are available at the Assessor's office. You must bring with you statements of ALL INCOME, incl. Social Security received in 2014. If you file Federal Income Tax, you must bring a copy of your completed 2014 tax return. Income Limits to remain on the program are \$34,600 for single and \$42,200 for married. If you are physically unable to appear in person, please call the Assessors office at 860-267-2510 to make an appt. for a staff to come to you.

Comprehensive Cancer Education

Monday, March 23rd
10:30 am.
Sign-up at Sr. Ctr.

+++++ WHY SHOULD I PRE-REGISTER? +++++

Often, in the newsletter, you will be asked to register/sign-up at the Reception Desk. It is important that you do so for several reasons:

1. We sometimes cancel a program/trip due to low registration. If you are interested and do not sign up, you might miss out on the program/trip that you are interested in.
2. If a program/trip is cancelled and you are not registered we will not notify you and you may come to attend a program that was cancelled.
3. Instructors often ask for a number of registrations in order to prepare handouts.
4. Room assignments are made according to the size of the group. If we do not know you are coming we might not select the room to accommodate everyone.

Please help us to help you and register/sign-up at the Reception Desk for programs/ trips you are interested in. *Thank-you!*

Counseling Services

at the East Hampton Senior Center, Individual by appointment. Call Diane to schedule a appointment @ 860-508-9719

This service is provided in partnership with the East Hampton Youth and Family Services Department.

BOOK CLUB Tuesday,
March 10th at 11am, New club members always welcome!

Setback 12:30-3:00pm.



Genealogy : Tuesday, March 24th at 10am! Let Brian start you on your journey!

Build a Bear for people in Need!

Sojourn Bears on Wednesday mornings @10am

Sojourn Bears are for adult patients getting their first chemo treatment. We make smaller bears for children and others, too! Join the fun!

Exercise with Cindy

Sit & Stretch Class is

offered Tuesday & Thursday 10am to 11am

\$3.00 per class or \$20.00 per month.

"MMM" Muscles & Muffins

For The Mind

March 16th

@10:30 am



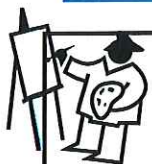
Popcorn & Movie Day:

Monday March 23rd. @ 1:00pm

REFLEXOLOGY certified Reflexologist Suzette Christainsen Relaxation via hand and foot therapy. By appointment only. \$10.00 per 15 minute session Pay day of session. **Friday, March 6 & 20th**

Square Dancing

Will meet every Friday at 10:00am. Please sign up at the front desk. \$3.00 per session, please pay the caller the day of the session.



Open Art Studio:

Wednesdays

10:00am to 2:00pm.

If you are

interested in joining this group contact Dawn

Tyler on

Wednesdays.



BINGO!!!

Bingo

Tuesdays at 1:00 PM. We offer a wide variety of Games.

Cash prizes and food prizes available! Play up to 5 cards!

BIBLE STUDY

1PM

TUESDAYS

New members welcome



Dial-A-Ride: transportation is provided to the Town by Middletown Area Transit. If you no longer drive but want to "get places" pick up an application at the Senior Center. For more information call the senior center or Dial-A-Ride @ MAT 860-347-3313.

Adopt-A-Senior Rider program is available to income eligible residents. This program is sponsored by the East Hampton Village Lions Club. They provide bus tickets at no cost to those eligible. See Jo Ann at the

Extended by popular demand! Fridays: The Gift of Living History: Children whom are homeschooled will explore with older adults 'what life was like back in the day!' Come learn what the kids are doing and find out how not so different you all are! If you are interested, let us know at the Senior Center. Sign-up is necessary for participation.

Men's Group! Men...Yup, that means YOU! Join the discussion, SHARE, LAUGH, & ENJOY each other's company. Wednesdays, at 10:00am. Sign up in the book on the reception desk or call to register.

Women In Conversation, Join us for lively discussions about life's concerns, dreams and goals. This group meets Wednesdays @ 11am. Please sign up at the desk or call the Center.

March Madness comes again!!! Initial bracket choices March 19th at 11

March Madness Potluck Luncheon April 7th

TRAVEL

COACH TRIPS:

Married To Broadway, Tuesday, May 26, 2015 Aqua Turf \$90.00 Dinner & Show. \$25.00 deposit will hold your seat.

Ogunquit Maine June 15-17 2015 \$381pp twin. More information/brochures at the Senior Center

TRANSATLANTIC CRUISE! SEPTEMBER 2-18, 2015 Brilliance of the Seas— Sail from London to Boston

LeHavre France Dorset UK, Cobh Ireland, Klaksvik, Faroe Islands, Reykjavik, Iceland(2 days) Halifax Nova Scotia 17 days fr only \$2549. Pick up brochure at the Senior Center.

Senior Café

We thank all of you who eat at the café. The Café is run by CW Resources of New Britain. They provide the hot meals you eat at the café as well as the Meals On Wheels, for people unable to get their own meals.

The meals are funded through a Title III grant. The grant does not cover all the expenses of preparing your meals. A donation is asked for each meal served(\$2.00). It is important to donate if you can.

It really does help the organization 'make ends meet'.

Please note a donation box is in the café. We greatly appreciate your support of this vital program.

DAY TRIPS

CROMWELL: Friday, March 6th leave at 12:30. Your choice of stores, Stop and Shop, K-Mart, and WalMart.

Mystery Trip and Lakeview Restaurant. Tuesday, March 17th, Admission \$5.00 + Suggested \$3.00 transportation Donation. Lunch on your own!

Culinary School: Friday, March 13th at Cheney Tech 10:15 am \$11.00 lunch + \$3.00 suggested transportation Donation.

UP-COMING PROGRAMS: Monday, March 23, 10:30am Comprehensive Cancer Education. By Chatham Health District,

Tuesday, March 10th at 11am St. Luke's Community Service's will present the Gatekeeper program to East Hampton residents and staff.:

The Gatekeeper program seeks to educate members of the community who regularly come into contact with seniors to signs of potential behavioral health issues. The presentation is in part a slide show, and part video and short dialogue.

Programs to look for: Mobile Mammography in May

Need help with Medicare?

CHOICES Volunteers, Connecticut's program for Health insurance assistance, Outreach, Information and referral, Counseling, Eligibility Screening, are available at the East Hampton Senior Center.

A Choices Volunteer is available, by appointment only, at the Center on Monday mornings OR Thursday afternoons from 3:00pm to 7pm.

Individuals on the Medicare Savings Program, or those on the low income subsidy (extra help), can make changes to their Medicare plans throughout the year. Beneficiaries are encouraged to review their options.

All Medicare recipients should complete a Benefits Check-up, annually, to ensure your benefit